

March 28, 2016  
Raised Bill No. 378

## AN ACT CONCERNING THE RECOMMENDATIONS OF THE HIGH SCHOOL GRADUATION REQUIREMENT TASK FORCE

Dear esteemed members of the Education Committee:

My name is Mark Chmielewski and I am a Health and Physical Education Major at Eastern Connecticut State University and wish to voice my strong opposition for Raised SB 378.

It is my understanding that SB 378 will eliminate the .5 credit graduation requirement in health education. I am at a loss for words.

As a three letter high school varsity athlete and as a college athlete, I learned the importance of maintaining a healthy body and ensuring I was physically fit. These lessons helped me gravitate to a career as a health and physical education teacher.

First Lady Michelle Obama has championed the fight to control against the childhood obesity epidemic with the First Lady's Let's Move initiative. Pillars of Lets Move include: Creating a healthy start for children, empowering parents and caregivers, providing healthy food in schools, improved access to healthy, affordable foods and Increasing physical activity. First Lady Michelle Obama feels that a minimum of 60 total minutes of physical activity per day will help children feel better, have a reduced their stress level, be more attentive in school and sleep better at night.

President Obama has proclaimed September as National Childhood Obesity Awareness Month and has encouraged all Americans to learn about and engage in activities that promote healthy eating and greater physical activity by all our Nation's children.

Requiring students to take a .5 health course to graduate will benefit our society as a whole. All students will leave high school understanding the benefits of living a healthy lifestyle and making good educated choices. Health education teaches our students about the importance of physical activity, nutrition, drug awareness, injury prevention, sexuality, family life and disease prevention. Health education saves lives. Knowledge is power!

Respectfully submitted,  
Mark Chmielewski